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I. HYGIENE AND "HYGIENIZATION" ~~OF THE COUNTRY~~ in Poland

(personal hygiene, communal hygiene,
nourishment hygiene)

J.Parnas, B.Wawrzyszuk, R.Wojtkowska-Umińska

THE PROBLEM OF HYGIENIZATION OF POLISH VILLAGE. 1.

Zdrowie Publiczne, 1960, LXXV, 1, 39.

The conception of "hygienization of village" includes the complex of methods and activities whose aim is to improve the hygienic conditions in the village. This conception has been introduced by Bulgarian hygienists, the problem of "hygienization of village" however is an object of care of the public health organizations in all the countries. This problem is tackled as well by appropriate scientific research centers in Bulgaria. The movement of "hygienization of village" in Bulgaria obtained a wide scope in connection with the resolution of the government passed and realized in this aspect. In Poland until the war the problem of hygienization of village was tackled sporadically only. In People's Poland the research work of the State Institute of Rural Occupational Medicine and Rural Hygiene of Social Camps of Medical Academies and of other scientific centres showed a bad sanitary condition of the Polish village. In connection with the above the Institute has forwarded an initiative of the social movement aiming at the hygienization of village. On the basis of experience with model villages, State Agricultural Farms (PGR) and State Machine Centres (POM) the hygienization movement has been popularized in the whole country. The greatest achievements in this respect are seen in the Poznań voievodship, where the Social Committees of "hygienization of village" have been founded and where these activities have a mass character.

A further development of the movement requires its proper organization. It is necessary in this respect that resolution is accepted by the Ministers Council and even that a law is passed by Seym.

J.Danielski

ABOUT THE TASKS OF COMMUNAL HYGIENE IN THE COUNTRY. 2.

Zdrowie Publiczne, 1953, Nr 6, p.27.

The author mentions the most important tasks of commune life in the country, i.e. hygiene of people. He enumerates the following points: investigations about climatical and hygienical terrain-conditions, terrain choice, an advantageous use of terrain peculiarity.

1. Projecting spaceful settlements, taking under consideration the modern village structure.
2. Projects for dwelling.
3. Projects for farm and inventory building.
4. Dwelling and personal hygiene.
5. Hygiene in work places.
6. Hygiene in public institutions.
7. Hygiene in profilactic sanatories and health-centres, guardians and cultural-instructive establishments.
8. Building of new and suitable wells, with good water for people, animals and all kinds of domestic work.
9. The problem of terrain and village sanation.

The author further on speaks about the realization of these problems and suggests:

1. Scientific testing of climatic and hygienic conditions.
2. Collaboration with the Health and Agriculture Departments.
3. Statistical testing of the hygienic state of health in villages.
4. Propagation of sanitary instruction.

J.Danielski

THE IMPORTANCE OF HYGIENIC CONSIDERATIONS IN PLANNING OF ARCHITECTURAL DEVELOPMENT OF COLLECTIVE AND STATE-OWNED FARMS. 3.

Annales, Univ.M.Curie-Skłodowska, 1953, V. VIII. Sect.D, p.1.

The author discusses the importance of considering the hygienic conditions in the planning of collective and State-owned farms in connection with the beginning of research work in this line by the State Institute of Rural Occupational Medicine and Rural Hygiene in Lublin.

The author takes especially into consideration from the point of hygiene, the space planning, the building of separate living and productive zones, and the planning of medical, prohpylactic and other public institutions, finally the providing of collective farms with proper sanitary arrangements (water-supply, sanitation).

J.Danielski

ON HYGIENIC CONDITIONS OF COLLECTIVE DWELLINGS FOR AGRICULTURAL WORKERS. 4.

Annales, Univ.M.Curie-Skłodowska, 1953, Vol.VIII, Sect.D, p.361.

This paper concerns the problem of hygienic conditions in collective dwellings for young solitary agricultural workers (especially tractor drivers) and for seasonal workers. This problem is very topical because of me - chanization and industrialization of collective farms.

The author stresses the fact that the building of houses of such type is still in its initial stage, he also underlines the need of its enlargement, taking into consideration chief hygienic requirements as to buildings, space conditions, internal planning, arrangements of various kinds, maintenance and sanitation. The given norms are based on general principles of hygiene, and especially on the works of Soviet hygienists. Separate rules are given for collective dwellings for permanent living and for barracks for seasonal workers.

J.Czajka, A.Pietrzykowa

EVALUATION OF FRUIT-PRODUCTS, IN REGARD TO ARSEN, PLUMBUM AND COPPER CONTENT . 5.

Annales UMCS, 1959, Nr 2, vol. X, p. 345.

The purpose of this work was to definite the quantitative content of Arsen, Plumbum, and Copper in fruit products, made in plants of the Lublin district, and to test the influence of insect-killing drugs, used in destroying pests,and which contain arsen and plumbum alliances, in order to design the pollution degree of the orchards, the fruits we mentioned, have been culled.

Samples of the products have been taken directly from the plants, and after weighting, mineralized. Arsen has been estimated by the Schröder-Löhr method, in a special instrument, according to the manner gave by Szymczyk. Plumbum has been counted by ditizen method. Copper by Gruszczyński-Kmiecik method.

We calculated about 80 determinations. The value level for arsen being in fluid fruit products oscillated in limites 86 - 206 ug/l, by a maximal spread of boarder results, 50 - 250 ug/l. The arsen having been designed on analitical way showed natural arsen being in fruits, and arsen derived from the chemical drugs, having been applied in gardening.

The average content of plumbum oscillates 125 -507 ug/l, by a result spread of 100 - 1120 ug/l.

The whole content of plumbum being in fruit-products we found, was plumbum which sources were plumbum alliances used in chemical insect-killing drugs, and plumbum which may derive from defects in the apparatus. The relative copper-content in the products derived probably of apparatus defects in machines being used at industry. The tested samples showed a maximal content of 4,0 ug/l of copper. Average values oscillated 1,05 ug/l - 328 ug/l as for muss and fruit-juices; 0,85 ug/l for wines. These quantities are too small for intoxication, but they act in a catalytic kind - in decomposing vitamine C. The average content of arsen in jams oscillated - 44- 75 ug/kg; of plumbum 700 - 1120 ug/kg, and copper, between 5,0 - 6,0 mg/kg.

The tested fruits were quantitatively contaminated by arsen, plumbum and copper but it did not surpass a limit being proportionally to the common standard for compots = 1 ug, As; 2 mg Pb; 5 mg Cu/1; for marmelades, 1 Omg Cu, and for rubbed fruits - 20 mg/kg.

Independently of the kind of production and the quality of fruits, the content of arsen, plumbum and copper, we can say, that the products are not harmful as for intoxication, because the metals do never surpass the permitted standard limits. Thus, one should take care and reduce the Copper content, by not using copper apparatus, because their catalizing activity on vitamin C diminishes its value.

J. Czajka, B. Kawecka

RURAL WORKERS' NOURISHMENT CONDITIONS DURING THE SEASON OF THE MOST INTENSIVE WORK. 6.

Medycyna Pracy, 1956, v.2, p.56.

Our work treats the problem of boarding nourishment in the State Agricultural Farms (P.G.R.). We analysed the products, and the daily meals of rural workers, as well as the P.G.R. board-kitchens. The store diaries gave us many valuable details for our work. We performed our investigations in two selected boards. We weighted the products for the meals, boiled in the board-kitchens. Our investigations lasted 14 days for every of the three hard works' seasons, spring, summer and autumn, i.e. sowing-time; crop harvest and threshing season; potatoes crop.

The values of calories of a whole day nourishment during the time of intensively hard work showed an average of 2976,8 cal. in spring, 3189 cal. in summer and 3085.9 cal. in autumn. The average of calories in breakfast didn't surpass 1000 K. cal., for lunch from 1037,3 - 1368,5 K Cal. The average for albumen values was 55,2 - 69,0 g, which is a rather big extension of results. The average value for carbonhydrates was 507,5 - 555,2 g.

The vitamin content had also been taken under consideration, especially for the most important vitamins A_1, B_1, C. We reckoned losses as kitchen scraps, store destroyments and cooking. The average for the loss showed to be about 50 %. The average value for vitamin A was 570 - 667 gamma; for vitamin C 49,9 - 49 mg.

The results of our investigations confirmed that the calory value of the whole day's nourishment is rather too small for a worker, especially in seasons of intensive rural work. The value should show 3500 - 4500 K cal.

and depend on the kind of work. The Service of Rural Workers' Welfare should care about higher calories adapted to the previously mentioned hard-work seasons. At this time people should get meals containing calories of high value (3500 - 4500 K cal), for every day's nourishment. It will be necessary too, to increase twice an animalish content of albumen and to increase fat at least to 100 g. The vitamin content for B_1 and C, may at least be the same. The rural workers eats a lot of bread and potatoes besides the board meals. As to the Content of vitamin A_1 it is rather a too small one. This lack could be completed by serving rational meals, which contain a sufficient value of vitamin A.

J.Danielski

SANITARY INSTRUCTION AND SCHOOLING FOR WORK SAFETY AND HYGIENE IN THE COUNTRY. 7.

Ochrona Pracy, 1957, Nr 2, p. 7.

The author proposes to introduce principles for the organization and method of sanitary instruction and schooling for work hygiene and safety in the country. He pays specially attention on jointing work safety and work hygiene with the life conditions of country people.

He demonstrates methods for the management of sanitary instruction, being adapted to rural conditions . He discusses about the subject of sanitary instruction in matter of life hygiene and safety and hygiene of work in rural areas.

In order to increase the state of hygiene and the work safety for rural occupations, the author proposes the

schooling of men, being active in the social life in the matter of safety and hygiene of work.

J.Danielski

WORK CONDITIONS AND HARMFULNESS, ENCOUNTERED IN AGRONOMY. 8.

A chapter of the Manual "Outline for Occupational Diseases and Hygiene" PZWL, Warszawa, 1957.

The author discusses the character and kinds of rural work, and emphasizes the problems of proper hygiene and welfare. He discusses in length all kind of works as: house work in village enclosures, breeding, workshops, stores and in manufactories for rural products.

The author considers the possibility of shifting antropozoonotic and parasitologic infections on persons. He proposes to organize medical care for rural workers, and a wide sanitary instruction all over the country.

J.Danielski, J.Opieńska-Blauth, H.Tracz

WATER-SUPPLY CONDITIONS IN SOCIALIZED FARMS OF THE LUBLIN DISTRICT. 9.

Annales, Univ.M.Curie-Skłodowska, 1957, Vol. XII, Sectio D, p.48.

The author stresses the hygienic and epidemiological importance of water supply in the country, especially in connection with the remodelling of its social and economic structure.

Investigations which are the subject of this paper were carried out in 1952 and 1953 by the State Institute of Rural Occupational Medicine and Rural Hygiene, together with the District Sanitary Epidemiological Station, and concerned socialized farms (state owned farms, state machine centres and collective farms) in the Lublin District.

The author described the method of investigations, as well as the topographical, hydrological and climatic conditions of the examined localities. Besides a detailed study of the sanitary and hygienic condition of the wells, a laboratory analyzis of the chemical and bacteriological properties of water was carried out.

In his conclusions the author presents a general estimate of water supply in the examined farms, stressing its bad condition and the necessity of planned action for building new wells, preferably the bored ones, as well as repairing the existing wells, to which a systematic sanitary inspection should be added. Attention is also drawn to the necessity of an increased production of materials used for building wells, as well as of preparing specialists qualified for building wells. In larger socialized farms the construction of a central water supply system is recommended.

J.Czajka, A.Pietrzykowa

MILK AND MILK PRODUCTS CHARACTERISTIC IN REGARD TO CHEMISTRY. 10

Annales Univ.M.Curie-Skłodowska, Vol.X, Sect.D, p.14

Our work wants to analyze changes occuring in milk during the different seasons of the year. Our tests,

regarding laboratory investigations, have been performed in Village-Milk/Confluence Centres, in the district of Lublin. The fat contained in milk had been noted by Gerber's method. The specifical weight has been made by the lactodensimeter, at a temperature of 12° C. We definited the albumen by the Kjeldahl method. A milk refraction, or properly said, its whey refraction, has been definited by Ackermann's method.

For these investigations we divided the time into two periods: the summer period 1.IV-30.IX. and the winter period 1.X.-30.II. The average value for the specific weight in the summer period was 1.029 and for the winter period 1.030. The average for fat contain in the summer period showed 2.93 % and in the winter period 2,83 %.

The contain of dry fatless mass, showed in summer 8,18, in winter 8,49. The average value for milk, coming from the village milk confluences was higher than for privately sold milk. The specific weight during summer and winter periods, showed 1,031 %. The fat contain in the summer period showed 3,4 % and for the winter period 3,5 %; as for the dry mass we got 8,6 in summer and 8,7 in winter. The average for fat contain in cream showed 16,31 % and for acidity 4,4° S.H.

The comparison of village centres milk and the free market milk showed that the village milk is better. It is a result of the control system in milk centres which assures people a full valuable product.

J.Danielski

ABOUT HYGIENE AND WORK-SAFETY FOR MEN, BEING EMPLOYED AT WATER MELIORATION WORK AT THE WIEPRZ-KRZNA CHANNEL. 11.

Annales UMCS, 1957, Tom XII, p. 67-77.

The author discusses the peculiar hygiene and safety conditions for men being employed at this kind of work, and emphasizes the necessity for a well organized Safe-Action, in regard to workers' health.

He describes the area where the melioration works took place. The work began in the year 1954/55. The Channel is about 40 km. of length, its reach and cubage includes 80.000 ha. and 7 arroundissements of the Lublin district. The picture of this area includes topographical, geohydrophical, and climatic conditions, and also the hygienic state of settlements and farms along the Channel trace. The author speaks about the character of this work, the workers hygienic and existencial conditions, and about Work-Hygiene and Safety.

He discusses the medical hygienical organization and safe action, working along the Channel trace. He gave the following numbers for them. In 1956 there were 11 Health Centres, 15 assistent Surgeon Centres, and 1 Nurse Centre, 3 Dental Ambulances and a Medical District Ambulance. The nearest three hospitals being supplied with drugs had 6 pharmacies and 8 pharmacial dispensaries. The sanitary-epidemiological control watch has been performed by sanitary controllers of the sanitary Epidemiological District Station, and four Stabil Sanitary-Epidemiological supports.

The morbidity among workers was rather small. There happened 152 trauma cases, of which only 2 were serious

ones. There were no infection diseases nor among permanent or seasonly workers.

The author confirms that the work health-and safety state for workers should be improved as well as sanitary conditions of settlements along the Channel trace.

J.Danielski, B.Wawrzyszuk, A.Stankiewicz

FOCAL INVESTIGATIONS ABOUT THE SANITARY HYGIENICAL STATE IN THE REGION OF SOSNOWICA. 12.

Zdrowie Publiczne, 1957, Nr 4, p. 303-313.

This work exhibits results out of focal investigations about sanitary and hygienical conditions in the region of Sosnowica, arroundisment Parczewo. The material for our work has been gathered by the scientific social Camp for assistents and students, in 1955.

Our evaluations for sanitary hygienical conditions, - lean against topographical, geo-hydrological, and climatic conditions of the tested terrain. The expedition performed demographical, social-economical, sanitary, epidemiological and hygienical focal investigations; the activity of the medical-hygienic care has also been taken under consideration. Three collectives have been tested, Sosnowica, Dębowa Kłoda, and Kodeń. The expedition found that the situation of the terrain and its geo-hydrological and climatical conditions, exerce a bad influence on the sanitary hygienical state of the region.

Dwellings and farm buildings were in 39,4 % poor and primitive, as well as hygienical conditions. This all has a very bad influence on the villagers welfare. The personal cleanliness of people, their seldom washed

underwear, and rather never cleaned clothes, showed a high percentage (57,3 %) for hygiene lack. All these are consequences of poor life conditions, hard and dirty rural and breeding work, lack of bath installations and sanitary instruction. The nourishment was insufficient too.

The chief water sources of the tested villages,were digged wells in beton tubes, but they were flat, not covered, badly settled and the often build next aborts, dung-waters or dust-bins (38,%).

Centres for Hygiene and Medicine, as well as the sanitary-epidemiological watch can't help the people, because there is no Health Centre in the whole region, and only one assistent surgeon Centre, no childbirth rooms, no hospitals nor readiness ambulans station in the chief town of the arroundisment. There is only a Sanitary Column, but it has too few people and a very small locomotion.

The investigation and safety work of the scientific Camp is of great help for sanitary improvements in the country, people are helped and these expeditions are of deep didactic mean for students.

J.Czajka, Z.Stankiewicz

INVESTIGATIONS ABOUT THE NOURISHMENT OF COUNTRY WORKERS. 13.

Bul.State Inst.of Rural Occup.Medic.a.Rural Hygiene. 1958, 7-8, p.146.

The authors wanted to compare the qualities of nourishment of our country workers, being employed in the State Agriculture Farms and the State Engine Centres and

that of peasants working on their own farms. The nourishment has been analyzed and evaluated chemically, i.e. all the usual meals for country men. Fat has been estimated by Soxleth's method, albumen by Kjeldahl method. As for the ashes tests, we used the coefficient of Egzemplarski. The caloric value was calculated by the help of the coefficient of Atwater.

At the same time a terrain group performed inventarisation tests. The values of daily meals for workers, acting in social farms oscillated from 2465,5 - 2922,0 calories. Albumen content = 59,7 - 75,3 g; fat 74,1 - 98,4 g; carbohydrates - 389,9 g daily.

As for individual farms, the value for calories in daily meals showed: 2835,9; albumen 66,8, fat 76,1, carbohydrates 428.

The calculated vitamin contents had been tabulated. Middle contents of vitamin A = 570 - 667 gamma; vitamin B_1 = 823 - 1018 gamma; vitamin C = 45,9 - 49 mg.

A characteristical trait in village nourishment is the small amount of fruits and vegetables. Fruits: 5,2 - 12 %, as to carbohydrates the amount is much bigger. Potatoes 23,8 - 55 %, bread 14,8 - 53,4 %.

The results have been gained by the help of an inventarisation method, and showed to be higher than results carried out by laboratory methods.

The authors didn't find a special difference between social and private nourishment.

J.Danielski, B.Wawrzyszuk, A.Stankiewicz

FOCAL INVESTIGATIONS ABOUT THE SANITARY- HYGIENICAL STATE IN THE VILLAGE SWIECIECHÓW. 14.

Bul.St.Inst.Occup.Med.and Rural Hygiene, 1957, 5, p.97.

This work reports the investigation results about the sanitary-hygienical conditions in the village Swiecie-chów. It leads on materials, gathered by a scientific-social expedition, which has been organized by the Institute of Rural Occupational Medicine and Rural Hygiene, and the Medical Academy, in the year 1956, in the village Swieciechów.

In order to evaluate the state of hygiene in this village we performed topographical, meteorological, demographical, epidemiological and hygienical investigations about the conditions in the village. We found that people hadn't any knowledge of what hygiene is. The village counts 1283 inhabitants.

The result of our investigations showed that the sanitary-hygienical conditions were very insufficient. The dwelling and farm buildings didn't in any way respond to hygienical requirements. 81,2 % of dwellings were overcrowded. The personal hygiene of people was a poor one. The lack of personal hygiene showed that 60,7 % persons were dirty, 64,8 % had dirty underwear, 64,8 % had dirty hands. The villagers have no idea of hygiene, which speaks about their ignorance of sanitary and hygienical rules. They surely never heard about it. In this village, like in many others, too, we found open wells, being the only watersource.

17,5 % of the wells were not deep enough, not deeper as to 6 meters, their installation was quite insufficient and they were not properly maintained. 29,9 % of

the farms hadn't own wells. The water analize showed that 50 % of them were dirty and contained chemical substances and 40 % of bacteria-colonies. The generally sanitary state of the wells was quite insufficient. Among the tested farms, 20,2 % hadn't aborts, 64,8 % were erd-ditches, 87,9 % had no dust-bins. There is no Health Centre in the village and the sanitary Column of the district is not able to change these conditions, because they have not enough people and no locomotions. The total lack of sanitary and health knowledge among the villagers, favourises epidemies and all kind of diseases, we had found in this region.

B.Wawrzyszuk

HYGIENICAL AND MICROCLIMATICAL CONDITIONS IN COW-SHEDS. 15.

Annales UMCS, 1958, Sectio D, Tom XIII, p.405.

This work is a picture of investigation results about hygienical and microclimatical conditions in the Machnów cow-sheds, in regard to modern standard construction. We performed our investigations in October; they lasted for a week. One of the cow-sheds was the object of specially investigations. We tested in generally four objects.

Measurements of climate-factors have been executed inside and outside of the buildings, and thus, two times a day. We chose the following hours: from 7-8 in the morning, and from 17-18 in the evening; for this purpose we used thermometers, psychrometers, katathermometers and hygrographs.

The given results have been inregistrated in tabulae and grafically outworked. We got the following results:

1. The average temperature inside the sheds taken in the morning showed during the test-period 14,8°C, in the evening 16,8°C. As for the outside temperature we got 7,8 °C in the morning, and 12,3°C in the evening.
2. The relative atmospheric moisture inside was somewhat higher than outside (80,9 and 70,5 %) in the morning and evening.
3. The athmosphere mobility inside the buildings didn't show remarcable oscillations; in the morning it was 0,100 m/sch, in the evening 0,106 m/sch, with outside values of 0,524 m/sch in the morning, and 0,424 m/sch in the evening.
4. The average dry katatermometer values inside the sheds in the evening, moved in limits of hygienical standard measures (6,2 med./cm^2 sch). Outside, the value showed 13,6 meal at morning and 10,7 meal at evening.
5. The average value of the wet katathermometer showed early in the morning a higher tendency, 19,8 med./cm^2sch/ in the evening it maintained the normal hygiene standard.

The author emphasises the meaning of microclimatical investigations for inventary buildings, as they are the right evaluation of hygienical conditions for breeding . These conditions were in generally sufficient for workers too, except the growth of relative wetness. He paid also attention to work-equipment and clothes, and found that there was a lack of preventive clothes. Furthermore the author remarked that chemical and bacteriological factors do contamine the atmosphere, and performed peculiar investigations

about the atmospheric conditions, and the bacteriology factors.

The author performed these investigations in order to analize the influence of all the factors on workers health, and on the development of farm animals.

J. Freytag

ORGANIZATION PLAN FOR HEALTH-WELFARE SERVICE FOR RURAL PEOPLE OF THE LUBLIN DISTRICT. 16.

Bull. of the St. Inst. of Rural Occ. Med. a. Rural Hygiene 1958, 7/8.

The author devotes this work to the Health Welfare question for country-people and to the Hygiene problem for our Polish villages. He explains his projections of Health-Service development, planned for ten years, i.e. 1945-1955.

His ideas are based on the plain of medical country Centres and which are closely allied with the chief agents as: climate, soil, water, radiance energy, flora and fauna, and microorgans, because they all exerce a strong and individual influence on the human structure.

This work gives us a manifold analysis of the possibilities given to the Health-Welfare Service, which has such a great meaning on men's health. The demographical and social-economical conditions complement this natural analysis.

The area of the Tomaszów district gave during long years a following balance-sheet: 85 % rural workers, 11 % forest-workers, 3 % of men working at trade and handicrafts. The author looked at their work and

wants to form an excellent profilactical and therapical Health Service for country people. He carried out an individual analysis of morbidity among people living in these areas.

As for statistical data (out of ambulatory reports), he shows on the basis of 141.411 materials concerning consultations and operations performed in several district Health-Centres, a monography which contains reports about patients having been treated in the Tomaszów Hospital.

A remarkable development of our Hospital Service allowed us to give a statistical comparison of patients' motion during a period of the years 1938-1953. The statistic is based on 42.393 clinical pictures.

During a ten years period we had been able to exhibit the development of Health-Welfare Service and its dislocation, through towns and villages of the Lublin district.

The material has been tabulary collected and shows diagrams which lead to conclusions about the Health-Welfare Service in villages, and allows us to understand the manifold knowledge of our country physicians, as well as the material basis for country theraphy and its organization structure.

J.Czajka, M.Mazurkiewicz, Z.Stankiewicz, M.Pokora

EVALUATION FOR NOURISHMENT AND NOURISHMENT CONDITIONS OF RURAL WORKERS ACTING IN SELECTED INDIVIDUAL FARMS. 17.

Medycyna Pracy, 1959, XV, Nr 2, p.119.

We wanted to evaluate the nourishment of country workers and to analyse their nourishment conditions. For this purpose we undertook researches in the village Milejów (district Lublin). We took smeers out of vessels for a microbiological analysis. It was the very basis for the evaluation of hygienical preparing and consumption of meals.

We performed chemical tests in order to state the general quantity of calories contained in the food, and the food components. The albumen has been marked by the help of Kjeldahl's method, and fat content after the Schmidt-Bądzyński method.

As for the calculation of calories we used the cofactors of Atwater. Microbiological tests have been performed after the cotton-wool tampon method.

We denoted the Hb in blood, erytrocytes and we calculated the blood index. During a whole month the investigations had been performed every day.

The food tests showed that the calory content in every day's food oscillated from 1887,8 - 3053,1 Kcal. The albumen content oscillated from 50,6 - 81,9 g/day (24 hours), fat from 47,2 - 87,5 g/day, carbohydrates from 308,5 - 501,4 g/day.

The medial calory value for lunch was 569,9 - 1479,9 Kcal, for breakfast 644,0 - 1002,0 Kcal, for supper 6388,8 - 954,0 Kcal.

The quoted results of Hb in blood showed a normal standard . Hb content in blood of young people oscillated from 14,6 - 15,4 g %; for women from 11,4 - 16,0 g %; for men from 11,8 - 14,4 g %. The content of red corpuscles in blood for young people oscillated from 3,97 - 4,22 millions, for women from 5,60 - 4,38 mill., for men from 3,90 - 4,42 mill.

Average values for calories and average content of food components for a whole day's food were below the standard for hard-working people. The quantity of bacteria colonies emerging on standarded vessel surfaces noted: plates 10 - 50.000 bacteries, spoons from 10 -

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J.Danielski

SANITARY AND HEALTH CONDITION OF THE VILLAGE. 18.

Zdrowie Publiczne, 1959, Nr 3, p.207.

On the basis of the research conducted, the sanitary and health condition of the Polish village is discussed. In order to improve it it is necessary to work out a short-term (5 years) and a long-term (15 years) plan of raising up the sanitary condition of the rebuilding the cadres and the public health net in the village. The proposed norms of cadres and of public health institutions in the village are presented.

B. Wawrzyszuk, Z. Kaczmarski

ON THE SANITATION OF THE WORK ENVIRONMENT IN BREEDING.

19.

Medycyna Pracy, 1960, 6, 441.

In this paper the most important problems of sanitation of the work environment in breeding are presented. The authors discuss the breeding environment and its influence upon the health of farmlabourers.

In the table I are presented the sanitary conditions of the farm buildings in the individual farms in the district of Lublin.

In the table II are given the results of investigations of microclimate in the cowshed and the stable, typical for the common farms.

The sanitation of the work environment in breeding in the common farms contains the following problems:

1. farm buildings,
2. hygiene and safety of work,
3. settlement and maintenance of farm buildings,
4. medical and prophylactic protection as well as veterinary one,
5. sanitary knowledge.

In the sanitation of the work environment in breeding in the individual farms are taken into account: good orientation and choice of place for the building, suitable settling of the interior of farm buildings, suitable storing and removal of the manure and the hygiene of milking.

The sanitation of the breeding environment is connected not only with the improvement of work conditions and of worker's protection, but also with the general sanitation of the country.